

REAL Essentials Alignment for Medical Accuracy, Cultural Competency, and Age-Appropriateness

Medically Accurate

Definition:

Referenced in peer-reviewed publications by educational, scientific, governmental, or health organizations.

How REAL Essentials Ascertains Medical Accuracy:

All content (and supporting materials) in CRE's REAL Essentials curricula have been reviewed for alignment with standards of medical accuracy by both FYSB and the Medical Institute. Program materials, such as texts, supplements, workbooks, videos, flyers, handouts, posters, and flash cards have been reviewed in comparison to current medical statements of fact in accordance with the most up to date, scientifically supported information.

Cultural Competency

Definition:

The Child Welfare League of America defines cultural competency as “the ability of individuals and systems to respond respectfully and effectively to people of all cultures, classes, races, ethnic backgrounds, sexual orientations, and faiths or religions in a manner that recognizes, affirms, and values the worth of individuals, families, tribes, and communities, and protects and preserves the dignity of each”.

How REAL Essentials Ascertains Cultural Competency:

Lesson content throughout REAL Essentials Curricula recognizes the experiences of youth from diverse communities and backgrounds and based on adolescent learning and developmental theories for the age group receiving the education. REAL Essentials certifies its program instructors to attest to and follow its diversity statement, which reads: *“It is the intent of the author and consultants on this project to ensure a safe, comfortable, inclusive environment for all participants regardless of disability, socio-economic status, religion, race, ethnicity, sexual orientation, gender, family structure, or cultural background”.*

Socially, Linguistically, and Culturally Appropriate Interventions

Definition:

Socially, Culturally and Linguistically Appropriate Standards (SCLAS) mean the provision of effective, equitable, understandable, and respectful quality care and services that are responsive to diverse cultural health beliefs and practices, preferred languages, health literacy, and other communication needs.

How REAL Essentials Ascertains Socially, Linguistically, and Culturally Appropriate Interventions:

REAL Essentials is socially, culturally, and linguistically sensitive and competent. Each activity was developed to captivate the heart of individuals as a member of the human family with universal needs and desires. Certified program facilitators are encouraged to incorporate inclusive and relevant examples throughout their program delivery to encourage every student to engage without bias or discrimination.

Age-Appropriate

Definition:

Suitable (in terms of topics, messages, and teaching methods) to the developmental and social maturity of the particular age or age group of children or adolescents, based on developing cognitive, emotional, and behavioral capacity typical for the age or age-group.

How REAL Essentials Ascertains Cultural Competency:

The topics, messages, and teaching methods in REAL Essentials is consistent with the developmental and social maturity of the program participants. REAL Essentials frameworks align subject matter for appropriate brain development milestones, cognitive capacity, and subject matter relevance for each age and stage presented in its outlined learning objectives.

Trauma Informed Approach

Definition:

How a program, agency, organization, or community thinks about and responds to those who have experienced or may be at risk for experiencing trauma. Traumatic events come in many forms, from unpreventable natural disasters, motor vehicle crashes, and loss of loved ones, to more preventable child maltreatment and neglect or community violence that affect not only the individual, but also the family, community, and general society.

How REAL Essentials Ascertains a Trauma Informed Approach:

REAL Essentials is implemented in a Trauma Informed Approach and responds to those who have experienced or may be at risk for experiencing trauma. The REAL Essentials Trauma Informed Approach includes: 1. Realizing the widespread impact of trauma and potential paths for recovery. 2. Recognizing the signs and symptoms of trauma in youth, families, staff, and others. 3. Responding by fully integrating knowledge about trauma into policies, procedures, and practices. 4. Seeking to actively resist re-traumatization. All components of the organization incorporates a thorough understanding of the prevalence and impact of trauma, the role that trauma plays, and the complex and varied paths in which people recover and heal from trauma.

